

Claims

1. Method of optimizing a training comprising the step of:
- a) detecting parameters inherent to the body of a user during a training; characterized by the steps of:
 - b) converting data corresponding to the detected parameters into verbal training information for the user; and
 - c) outputting said verbal training information to the user by a portable sound playback means.
2. ~~Method according to claim 1, wherein the verbal training information indicate the detected values of the body's inherent parameters to the user.~~
3. ~~Method according to claim 1, wherein the verbal training information include training instructions for the further training based on the detected values.~~
4. Method according to claim 1, further comprising the steps of:
- providing an individual training program on a computer in the form of a music compilation prior to the training; and
 - transmitting the training program to the portable sound playback means.
5. Method according to claim 4, further comprising the step of:
- influencing the individual training program provided in the form of a music compilation in the sound playback means dependent on the detected values of the body's inherent parameters.
6. Method according to claim 1, wherein the verbal training information is outputted simultaneously with the output of the sound playback means or the output of the sound playback means is interrupted during the output of the verbal training information.
7. ~~Portable training device for optimizing a training comprising:~~
- ~~a sound playback means;~~
 - ~~a microprocessor; and~~

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Att 1*

~~a means for detecting parameters inherent to the body of a user, said detecting means being connected with the microprocessor for data communication;~~

characterized by

a converter controlled by the microprocessor and connected to the sound playback means for converting the detected values of said parameters into verbal training information for the user and for outputting them by the sound playback means.

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8. Portable device according to claim 7, wherein the verbal training information indicates the detected values of the body's inherent parameters to the user.

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~~9. Portable device according to claim 7, wherein the verbal training information indicates instructions for the further training to the user based on the detected values of the body's inherent parameters.~~

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10. Portable device according to claim 7, wherein the detecting means comprises at least one of a pulsometer, a pulseoxymeter, a chronometer, a timer and a pedometer.

11. Portable device according to claim 7, wherein the converter comprises a voice synthesizer.

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~~12. Portable device according to claim 7, wherein the sound playback means is a MP3 player, a Discman, a DAT device or a MiniDisc device.~~

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13. Portable device according to claim 7, further comprising a means for connecting the portable device with a base station.

14. Portable device according to claim 13, wherein the base station is a computer preferably having Internet access.

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15. Portable device according to claim 13, wherein the sound playback means is adapted to reproduce an individual training program in the form of a music compilation transmitted from the base station.
16. Portable device according to claim 15, wherein the microprocessor influences the music compilation dependent on the detected values of the body's inherent parameters.
- 10 17. Portable device according to claim 7, wherein the verbal training information is further assisted visually.
18. Portable device according to claim 7, further comprising a means for storing and transmitting personal data of the training person.
- 15 19. Portable device according to claim 7, further comprising a means for receiving personal data of another training person.
20. ~~Portable device according to claim 19, wherein the microprocessor compares the received personal data with stored own personal data and causes output of a verbal information if the compared data at least partially match.~~
- 20 21. Training system for optimizing a training, characterized by:
- a sound playback means;
 - a microprocessor;
 - a means for detecting parameters inherent to the body of a user, said detecting means being connected with the microprocessor for data communication;
 - a converter controlled by the microprocessor and connected to the sound playback means for converting the detected values of said parameters into verbal training information for the user and for outputting them by the sound playback means; and
 - ~~a base station.~~
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22. Training system according to claim 21, wherein the base station is a computer, preferably with Internet access.

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